



## Results of The Loneliness Quiz

You scored a total of **38**

### Extreme Loneliness

You answered this quiz consistent with people who are suffering from extreme and severe loneliness.

A certain amount of loneliness is a normal part of most people's lives. But when your feelings of loneliness can become a bit overwhelming or more serious than usual -- like now -- it may be a sign that something isn't quite balanced in your life.

You may find that you could benefit by trying to reach out to others in your life -- right now. A close friend or family member whom you trust and talk to can go a long way in helping to relieve feelings of loneliness in many people.

### SCORING KEY

If you scored...	You may have...
<b>30 &amp; up</b>	Extreme Loneliness
<b>22 - 29</b>	Moderate Loneliness
<b>15 - 21</b>	Normal Loneliness
<b>0 - 14</b>	Little to No Loneliness

This is not a diagnosis tool.

*Fun facts:* Most college students, nurses and school teachers score between a 19 and 20. Surprisingly, most older adults score lower than you might have expected -- a 16.

### Want to Learn More About Loneliness?

- [The 3 Factors of Loneliness](#)
- [3 Ways to Lift Loneliness](#)
- [6 Tips for Battling Loneliness](#)
- [You Are Not Alone in Your Loneliness](#)
- [Loneliness Affects Sleep Quality](#)

### And from our Library...

- [When Crisis Becomes Chronic: What to do When Friendships Fade](#)
- [The Gentle Self: How to Overcome Your Difficulties with Depression, Anxiety, Shyness, and Low Self-Esteem](#)
- [Book: The Lonely Screams: Understanding the Complex World of the Lonely](#)
- [Change Your Thinking To Change Feelings of Hopelessness](#)
- [What Makes Us Happy?](#)
- [Turning Acquaintances Into Friends](#)
- [The Roots of Loneliness](#)

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